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Housekeepers' Chat

Thursday, April 4, 1935

MAR 25 1935

U. S. Department of Agriculture

NOT FOR PUBLICATION.

Subject: "Another April Dinner." Menu and recipe from Bureau of Home Economics,
U.S. D. A.

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For the sake of variety, I'll begin with the menu today, and answer questions later.

The menu includes Baked Eggs and Cheese; Sweet Potato Puff; Broccoli; and Orange Russe. There are recipes for Baked Eggs and Cheese, and Orange Russe, in the Radio Cookbook, so we'll turn our attention to the Sweet Potato Puff.

Here's the recipe, for Sweet Potato Puff, with five ingredients:

5 or 6 medium-sized sweet potatoes	2 tablespoons milk, and
2 tablespoons melted butter	1 teaspoon salt
2 eggs	

Five ingredients, for Sweet Potato Puff: (Repeat)

Boil the sweet potatoes in their skins. When tender, remove the skins and any discolored portions, and press the potatoes through a ricer. There should be about one quart of the potato pulp. Beat the yolks and whites of the eggs separately. Stir the yolks into the potato. Then fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish. Bake in a moderate oven, for 45 minutes, or until light and fluffy and brown on the top.

How many of you have ever cooked broccoli? Broccoli is a close relative of cauliflower. The flower head of broccoli is green, however, instead of white, and grows on a high branching, leafy stalk. Because of this long stalk, some people have thought that broccoli must be a cross between asparagus and cauliflower, but the botanists tell us that there has been no such intermarriage in the vegetable kingdom.

The flower heads and the more tender parts of the stalk are the parts of broccoli to eat. It is cooked in the same way as any other green vegetable, in salted boiling water. Just as soon as it becomes tender, which should be in 20 to 25 minutes, drain it, and serve with melted butter, or Hollandaise sauce.

Broccoli has recently become very popular, and is given a prominent place in the vegetable stalls of all the large city markets.

To repeat the menu: Baked Eggs and Cheese; Sweet Potato Puff; Broccoli; and Orange Russe.

Now we can spend the rest of the time answering questions.

First question: "Will you please tell me how to steam brown bread?"

Answer: To steam brown bread, fill the greased tin container, such as a coffee can, about three-fourths full of the batter. Cover lightly to prevent the steam which condenses from dropping onto the bread. If you do not have a regular steamer, one can be improvised by placing a rack in any deep kettle with a tight-fitting lid. Put the bread container on the rack, fill the bottom of the vessel with boiling water up to the rack, cover, and allow the water to boil rapidly. As the water boils away, add more. When opening the vessel to add water, be sure to protect the hand and arm from a steam burn. If desired, the bread may be placed in the oven to dry out somewhat before serving. The recipe for Boston brown bread on page 50 of the radio cookbook gives the time necessary for steaming brown bread.

Second question: "Do you have a recipe for griddle cakes, made with graham flour?"

Answer: In the baking bulletin you will find a recipe for griddle cakes. Graham flour may be substituted for part of the sifted soft wheat flour. I would not, however, advise using all graham flour in pancakes, because they might be too tender to turn easily. Graham flour, of course, does not have so much gluten in it as white flour and, therefore, makes a less elastic batter or dough.

Third question: "How can I make a pie crust which will not shrink down into the pan, when baking?"

Answer: In baking pastry shells, let the dough extend well over the edge of the pie pan instead of trimming it off close. Then when it shrinks during baking it will not creep down the side of the pan.

Fourth question: "I would like to have a recipe for ice-box cookies."

Answer: I am sending you a copy of the baking bulletin, which contains recipes for cookies. Practically any kind of a stiff cookie dough may be rolled up, wrapped in wax paper, put in the ice box or in a cold place for several hours, and then cut into thin slices and baked. Any kind of cookies made in this way might be called ice-box cookies. This is a very easy way to make cookies because it saves all the trouble of rolling out and cutting on a board.

Fifth question: "Do you have any recipes for cooking lettuce?"

Answer: Yesterday I broadcast a recipe for Braised Lettuce, which I hope answered this question. Many people also like combinations of lettuce, spinach, and other spring greens, cooked for a short time in a small quantity of water, and served with melted butter and vinegar or lemon juice. As a salad vegetable, nothing is of course so popular as lettuce. How about serving it with some of the variations for mayonnaise dressing, suggested in the radio cookbook, on page 48?

Next: "Is there any way to use the water in which cabbage has been cooked?"

10/10/1917

Dear Mr. [Name]

I have received your letter of the 10th inst. and am glad to hear that you are well. I am also well and hope this letter finds you the same. I have been thinking of you very much lately and wondering how you are getting on. I hope you are enjoying your work and that everything is going well for you. I have been very busy lately but I will try to write to you more often. I have been thinking of you very much lately and wondering how you are getting on. I hope you are enjoying your work and that everything is going well for you. I have been very busy lately but I will try to write to you more often.

Yours faithfully,

[Signature]

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Answer: Cabbage water can be used with juices of other vegetables or with meat broth in soups, to very good advantage. However, it is recommended that cabbage and most other green vegetables be cooked in a small quantity of water, and this served with the vegetable, if possible. These vegetable juices contain valuable food elements.

One more question, and I see it's about flowers -- nasturtiums, marigolds, and so forth. I'd better let W.R. B. answer this question, because I might tell you something wrong. And if your nasturtiums failed to come up, you might blame me. I'll see W. R. B. tonight, and perhaps he'll tell us about flowers, tomorrow.

Friday: "Cut Flowers for the Home."

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The first part of the paper discusses the importance of the study and the objectives of the research. It also mentions the scope of the study and the limitations. The second part of the paper discusses the methodology used in the study. It mentions the data collection methods and the analysis techniques. The third part of the paper discusses the results of the study. It mentions the findings and the conclusions. The fourth part of the paper discusses the implications of the study. It mentions the practical applications and the future research. The fifth part of the paper discusses the conclusion of the study. It mentions the overall findings and the recommendations.